

# Catherine Louise Gilbert Curriculum Vitae 2022

## Personal statement

My working life combines knowledge, understanding and experiences of education, from early years to higher education level, with health professional training.

## Qualifications

2018	Doctor of Philosophy (PhD)	Bath Spa University
	Introducing Emotion Coaching into Primary, Secondary and Early Years educational settings: The voice of practitioners and model of engagement	
2010	Master of Science, Psychology	Open University
1988	Registered General Nurse	Charing Cross Hospital, London
1983	Postgraduate Certificate in Education	Hughes Hall, Cambridge University
1982	Bachelor of Science (Hons) Geography	Loughborough University

## Publications

### Peer-reviewed Journal Articles

- Rose, J., McGuire-Snieckus, R., Gilbert, L. and McInnes, K. (2019) Attachment Aware Schools: the impact of a targeted and collaborative intervention, *Pastoral Care in Education*, 37(2), pp. 162-184, DOI: [10.1080/02643944.2019.1625429](https://doi.org/10.1080/02643944.2019.1625429)
- Rose, J., Gilbert, L., McGuire-Snieckus, R., Gus, L., McInnes, K. and Digby, R. (2017) 'Attachment Aware Schools: working with families to enhance parental engagement and home-school relationships'. *Open Family Studies Journal* [Online]. Available at [www.benthamopen.com](http://www.benthamopen.com)
- Gus, L., Rose, J., Gilbert, L. and Kilby, R. (2017) 'The Introduction of Emotion Coaching as a Whole School Approach in a Primary Specialist Social Emotional and Mental Health Setting: Positive Outcomes for All', *Open Family Studies Journal* [Online]. Available at [www.benthamopen.com](http://www.benthamopen.com)
- Rose, J., McGuire-Snieckus, R. and Gilbert, L. (2015) 'Emotion Coaching - a strategy for promoting behavioural self-regulation in children and young people in schools: A pilot study', *European Journal of Social and Behavioural Sciences*, 13, pp. 1766-1790
- Gus, L., Rose, J. and Gilbert, L. (2015) 'Emotion Coaching, a universal strategy for supporting and promoting sustainable emotional and behavioural well-being', *Educational and Child Psychology*, 32(1), pp.31-41.
- Gilbert, L., Rose, J., Palmer, S. and Fuller, M (2013) 'Active engagement, emotional impact and changes in practice arising from a residential field', *International Journal of Early Years Education* 21(1), pp. 22-38

- Rose, J., Fuller, M., Gilbert, L. and Palmer, S. (2011) 'Transformative Empowerment: stimulating transformations in early Years practice'. *Learning and Teaching in Higher Education* 5, pp.35-56

### **Books**

- Gilbert, L., Gus, L. and Rose, J. (2021) *Emotion Coaching with children and young people in schools*. London: Jessica Kingsley Publishers
- Rose, J., Gilbert, L. and Richards, V. (2015) *Health and well-being in early childhood*. London: Sage

### **Chapters**

- Rose, J. and Gilbert, L. (2017) 'Learning, development and curriculum' in *BERA-TACTYC Early Childhood Research review 2003- 2017*, London: British Educational Research Association, pp.61-82
- Rose, J. and Gilbert, L. (2017) 'Attachment Aware Schools' in Colley, D. and Coleridge (eds.) *Emotional Development and Attachment in the Classroom*, London: Jessica Kingsley Publisher.
- Parker, R., Rose, J. and Gilbert, L. (2016) 'Attachment Aware Schools: An alternative to behaviourism in supporting children's behaviour' in Lees, H. and Nodding, N. (eds.) *The Palgrave international handbook of alternative education*, Basingstoke: Palgrave, pp.463- 483
- Gilbert, L., Rose, J. and Luff, P. (2015) 'Early childhood education for sustainability in the United Kingdom' in Davis, J. (ed.) *Young children and the environment, early education for sustainability* (2nd ed.), pp. 287- 300.
- Gilbert, L., Rose, J. and McGuire-Snieckus, R. (2014) 'Promoting children's well-being and sustainable citizenship through Emotion Coaching' in Thomas, M. (ed) *A Child's World: Working together for a better future*, pp.83-109
- Rose, J., Gilbert, L., Palmer, S. and Fuller, M. (2014) 'Early childhood education for sustainability in the United Kingdom, generating professional capital' in Davis, J. and Elliot, S. (eds.) *Research in early childhood education for sustainability, international perspectives and provocations*, pp. 294-308.
- Rose, J., Gilbert, L. and Smith, H. (2013) 'Affective teaching and the affective dimensions of learning' in Ward, S. (ed) *A student's Guide to education Studies, 3<sup>rd</sup> ed*, Abingdon: Routledge, pp.178-18

### **Professional Journals**

- Gilbert, L. (2018) TES focus on Emotional regulation, *Times Education Supplement*, no.5327, pp.36-38
- Rose, J. and Gilbert, L. (2018), Developing Resilience with Emotion Coaching, *Every Child Journal* 7(1), pp. 35-44

### **Conferences Papers**

- Gilbert, L., (2019) 'A way of being, a way of becoming: the Emotion Coaching model of setting engagement and professional practice' in Gilbert, L. Gus, L. and Rose, J. (2019) 'Learning to live, living to learn Symposium: Emotion Coaching, a novel relational approach to supporting educational relationships and sustainable wellbeing', European Network for Social and Emotional Competence (ENSEC), Budapest, Hungary

- Gilbert, L. (2019) 'The Practitioners' Voice and Model of Emotion Coaching Engagement' in Gus, L., Gilbert, L. and Rose, J. (2019) 'Emotion Coaching Symposium 'A way of being, A way of becoming: Emotion Coaching promotes practitioners' confidence and practice to support pupils' emotional regulation', International Schools Psychology Association (ISPA), Basel, Switzerland
- Gilbert, L. (2018) 'Emotion Coaching in educational settings: practitioner model of Emotion Coaching engagement and spectrum of use' in Gilbert, L., Gus, L. and Aston, H. (2018) Emotion Coaching Symposium: living to learn and learning to live- harnessing the power of relationships to promote learning potentials in educational settings, Scottish Educational Research Association, Glasgow, UK
- Gilbert, L. (2017) 'The importance of self-regulation for wellbeing and learning' The Wellbeing Classroom Conference, Adelaide, Australia (Keynote)
- Rose, J. and Gilbert, L. (2017) 'Emotion Coaching, supporting wellbeing and behaviour', The Wellbeing Classroom Conference, Port Augusta, Australia (One day conference)
- Gus, L., Gilbert, L. and Woods, F (2016) 'Emotion Coaching Symposium: The transference of Emotion Coaching into community and Educational settings', International School Psychology Association (ISPA), Amsterdam, Holland
- Rose, J., McGuire-Snieckus, R. and Gilbert, L. (2016) 'Attachment Aware Schools', American Education Research Association (AERA), Washington, USA.
- Rose, J., McGuire-Snieckus, R. and Gilbert, L. (2015) 'Emotion Coaching- a strategy for promoting behavioural self-regulation in children and young people in schools, a pilot study', International Conference on Education and Educational Psychology (ICEEPSY), Kyrenia, Cyprus
- Gilbert, L. (2012) 'Living to Learn - Learning to Live: Active engagement, emotional impact and changes in practice', Society for Research in Higher Education (SRHE) Newer Researchers Conference, Newport, UK
- Rose, J., Gilbert, L. and Smith, H. (2012) 'Emotion coaching: a new approach to support and promote sustainable emotional and behavioural well-being through the adoption of emotion coaching techniques into community-wide professional and parental practice', European Early Childhood Education Research Association (EECERA), Porto, Portugal
- Rose, J. and Gilbert, L (2012) 'Promoting children's human and social capital: Building resilience, community well-being and sustainable citizenship through the integration of Emotion Coaching into everyday practice in work with children and young people', A Child's World International Conference, Aberystwyth University, Wales
- Rose, J. and Gilbert, L. (2011) Laying the foundations in early years education for sustainable citizenship, International Association for Citizenship and Economic Education (IACEE), Bath Spa University, UK
- Rose, J., Gilbert, L. and Palmer, S. (2010) 'Alternative voices and alternative visions: New knowledge transforming practice.' European Early Childhood Education Research Association (EECERA), Birmingham University, UK
- Gilbert, L. (2007) 'Working together to improve the lives of children, young people and families —Every Child Matters', Early Years Professional Status Conference, Education Department, Bath Spa University, UK

### **Posters**

- Rose, J., Gilbert, L., McGuire-Snieckus, R. and Smith, H. (2015) 'Supporting and promoting sustainable emotional and behavioural well-being', Leading into Well-Being: The Power of Mindsight Conference: Northumberland University, UK
- Rose, Gilbert, McGuire-Snieckus and Smith, H. (2013) 'Emotion Coaching: a strategy for supporting and promoting sustainable emotional and behavioural well-being in babies and young children through the adoption of Emotion Coaching techniques into community-wide professional and parental practice', TACTYC- Association for the Professional Development of Early Years Education, Birmingham, UK

### **Workshops, Seminars and Masterclasses**

- Gilbert, L. (2022) 'Introducing Emotion Coaching', Rise up, mpowering positive mental health schools conference, Gloucestershire Association of Secondary and Special Schools Head Teachers, Cheltenham, UK
- Gilbert, L. (2021) 'Emotion Coaching: Building Emotional Toolkits', Education Psychology Services, Derby County Council, UK
- Gus, L., Gilbert, L. and Rose, J. (2019) 'Emotion Coaching, a universal strategy for supporting and promoting sustainable emotional wellbeing' European Network for Social and Emotional Competence (ENSEC), Budapest, Hungary
- Gilbert, L. (2018) 'Emotion Coaching in the educational community' Mental Health and Emotional Resilience Conference, Cornwall County Council, Wadebridge, Cornwall
- Gilbert, L. (2018) 'Emotion Coaching: Building Emotional toolkits', Gloucestershire Continuous Professional development for educational practitioners Conference, University of Gloucestershire
- Gilbert, L. (2017) 'Introducing Emotion Coaching into educational and early years settings: Doctoral Research on practitioners' perspective and proposed model of Engagement', Stamford Plaza Hotel, Adelaide, Australia.
- Rose, J. and Gilbert, L. (2017) 'Emotion Coaching, supporting wellbeing and behaviour Masterclass', The Wellbeing Classroom Conference, Adelaide, Australia
- Rose, J. and Gilbert, L. (2017) 'An introduction to Emotion Coaching workshop' The Wellbeing Classroom Conference, Adelaide, Australia.
- Gilbert, L. and Gus, L. (2016) 'Emotion Coaching workshop', Attachment and Trauma Aware Schools Conference, Bath Spa University, UK
- Gilbert, L. (2015;2014;2013) 'Emotion Coaching', Health Visitors and School Nurses practice, Great Western Hospital NHS Foundation Trust, Malmesbury, UK
- Rose, J. and Gilbert, L. (2012) 'Emotion coaching: a community-wide approach to supporting emotional wellbeing and resilience.' Early Years Oxfordshire County Council: making research work for children Research Seminar, Oxford Brookes University, UK
- Gilbert, L. and Palmer, S. (2011) 'Transformational Empowerment: Stimulating transformations in Early Years', Pedagogic Research and Scholarship Institute, Gloucestershire University, UK

### **Key notes and Guest Lectures**

- Gilbert, L. (2021) 'Emotions matter to learning: recognising the relationship between wellbeing, mental health and learning', Education Psychology Services, Derby County Council, UK
- Gilbert, L. (2019) 'At the heart of learning: raising aspirations and achievement for vulnerable learners: Emotions matter to learning' Psychology Associates, Plymouth
- Gilbert, L. (2018) 'Attachment, trauma and learning' The education of children in care and children adopted from care Post graduate course, Bath Spa University & National Association of Virtual School Heads, London and Leeds, UK
- Gilbert, L. (2018) Emotions matter to learning: Emotion Coaching in schools, University of Gloucestershire Educational Partnership Conference, University of Gloucestershire
- Gilbert, L. (2018) 'Sustainable Emotion Coaching Communities: The practitioners' perspective and model of engagement', Regional Emotion Coaching UK Network Meeting, Norland College, Bath
- Gilbert, L. (2015) 'The transference of Emotion Coaching into community and educational settings', School of Society, Enterprise and Environment (SEE) Research Futures Day, Bath Spa University, UK
- Gilbert, L. (2015) 'Attachment Aware Schools', Post-Graduate Certificate in Education Lecture, Bath Spa University, UK
- Gilbert, L. (2015,2014) 'Research Methodology: Interpretative Phenomenological Analysis (IPA) Research Methodology'. Masters student Research Module, Bath Spa University, UK. Constructive Grounded Theory and Research, Masters student Research Module, Bath Spa University, UK
- Gilbert, L. (2015,2014) 'Attachment, emotional wellbeing and the developing brain', Early Years Masters Module, Bath Spa University, UK
- Gilbert, L. (2014) 'Emotion Coaching and Educational outcomes', Keynote speaker, Bath and North-East Somerset Council, Foster Carer and Adopter Education Conference, Keynsham, UK
- Gilbert, L. (2014) 'Emotion Coaching' The Professional Association for Teachers and Assessors of students with Specific Learning Difficulties (PATOSS) Gloucester Branch, Tewkesbury, UK
- Gilbert, L. (2014) 'Emotion Coaching, the research evidence', Psychology Society, The Cheltenham Ladies College, Cheltenham, UK

### **Consultancy**

- 2018-2019 Successful bid to design, deliver and evaluate for Staffordshire Virtual School a multi-agency training programme to promote understanding of the impact of attachment and trauma issues on the education of looked after children
- 2017. Expression of interest bid in research proposal to replicate Emotion Coaching pilot project in South Australian schools, The Wellbeing Classroom Organization and Adelaide University
- 2015. Successful bid to design and deliver school-based Children and Young People Emotional Wellbeing programme – building resilience through training and resources' Bath Spa University and Education, Health, Care and Prison Services (EHCAP)
- 2012. Attachment Aware Schools Project, Bath Spa University and Bath and North-East Somerset Council

- 2011. Melksham Resiliency Project 0-19, Bath Spa University and Bath and North-East Somerset Council, Wiltshire Health

### **Work Experience**

- 2018-2019: Research Fellow Norland College, UK
- 2018- Head of Research, Emotion Coaching UK
- 2011- Founder of Emotion Coaching UK
- 2013- 2015: Postgraduate dissertation Supervisor and Lecturer, Bath Spa University
- 2011- 2014: Co- Lead Research Associate of Emotion Coaching Project, Bath Spa University.
- 2007- 2013: Senior Lecturer in Early years and childhood, University of Gloucestershire
- 2003- 2007: Lecturer, Further Education College, Cheltenham, Gloucestershire
- 1999- 2006: Governor, Christ Church Primary School; St. Edward's School, Cheltenham
- 1989- 1991: Senior Health Promotion Officer, Health Promotion Officer, Bristol & Weston HA
- 1988- 1989: Lecturer in Health and Pre-Nursing Tutor, Avon Education Authority
- 1985- 1988: Student Nurse, Charing Cross Hospital, Riverside Health Authority
- 1983- 1985: Geography, Form Mistress and Special Needs Teacher, Cambridgeshire and Merton Borough Council Education Authority